

Small - 1 - 2 Person
Med - 2 - 3 people
Large - 4 people
X - Large - 6 - 8 People

Delivery Mondays - Fridays - allow 2 days for preparation of your order. Deliveries may take up to 4 working days

All meals highlighted in grey can also be prepared using only low-carb ingredients.

All meals highlighted on green are new

All meals are freezer friendly

Meals Small 280-320g Med 650-750g Large 1 - 1,2kg X-Large 2,8 - 3,2kg

Beef

Meatballs in a tomato, cardamom and lime sauce	R89.00	R175.00	R285.00	R395.00
Spicy beef and black bean pie	R89.00	R175.00	R285.00	R395.00
Beef bourguignon	R89.00	R175.00	R285.00	R395.00
Moroccan spiced mince	R89.00	R175.00	R285.00	R395.00
Beef shin pie	R89.00	R175.00	R285.00	R395.00
Beef Lasagne	R75.00	R149.00	R245.00	R335.00
Swedish meatballs	R89.00	R175.00	R285.00	R395.00
Beef and zucchini lasagne (Banting)	R82.00	R162.00	R245.00	R365.00
Beef shin and red wine stew	R89.00	R175.00	R285.00	R395.00
Ossobucco	R89.00	R175.00	R285.00	R395.00
Beef and mushroom pie with potato topping	R85.00	R165.00	R255.00	R365.00
Baked Italian meatballs	R75.00	R149.00	R245.00	R335.00
Rich cottage pie with cheesy mash	R89.00	R175.00	R285.00	R395.00
Cottage pie with cauli mash (Banting)	R85.00	R165.00	R255.00	R365.00
Cranberry and almond bobotie	R89.00	R175.00	R275.00	R395.00
Beef stroganoff	R89.00	R175.00	R275.00	R395.00
Oxtail potjie	R129.00	R245.00	R395.00	

Chicken

Chicken tikka masala	R79.00	R159.00	R235.00	R315.00
Chicken and chickpea curry	R89.00	R175.00	R285.00	R365.00
Chicken and broccoli potato topped pie	R85.00	R165.00	R225.00	R365.00
Pesto chicken stew	R95.00	R182.00	R315.00	R395.00
Chicken and chorizo ragu	R89.00	R175.00	R285.00	R365.00
Chicken, squash and pesto lasagne	R89.00	R175.00	R285.00	R365.00
Chicken stronganoff with potato topping	R85.00	R165.00	R255.00	R365.00
Garlic and periperi chicken thighs	R79.00	R159.00	R235.00	R315.00
Summer chicken fillets with pesto	R85.00	R165.00	R255.00	R365.00
Tuscan chicken thighs (Banting)	R85.00	R165.00	R255.00	R365.00
Butter chicken curry (Banting)	R89.00	R175.00	R285.00	R395.00
Chicken, kale and mushroom pot pie	R89.00	R175.00	R285.00	R395.00
Creamy chicken piccata	R85.00	R165.00	R255.00	R365.00
Chicken pie with leek mash / caulimash (Banting)	R79.00	R155.00	R235.00	R335.00
Thai coconut chicken	R85.00	R165.00	R255.00	R365.00
Chicken lasagne	R75.00	R139.00	R205.00	R295.00
Creamy chicken and bacon chowder (Banting)	R89.00	R175.00	R285.00	R395.00

Lamb

Slow cooker lamb curry	R139.00	R275.00	R435.00	R555.00
Lamb koftas in a creamy curry sauce	R135.00	R265.00	R405.00	R515.00
Lamb and apricot stew	R135.00	R265.00	R405.00	R515.00
Sliced shanks in a red wine, rosemary and balsamic sauce	R145.00	R295.00	R525.00	R695.00
Savoury lamb shank stew	R135.00	R265.00	R405.00	R515.00
Greek lamb chops	R135.00	R265.00	R405.00	R515.00
Braised lamb shanks in a red wine and balsamic vinegar jus	R145.00	R295.00	R525.00	N/A
Lamb chops in ratatouille	R135.00	R265.00	R405.00	R515.00

Pork				
Moroccan sausage stew	R85.00	R165.00	R255.00	R365.00
Pork chops smothered in a creamy mushroom sauce	R79.00	R159.00	R225.00	R325.00
Roast pork fillets with Italian vegetable	R85.00	R165.00	R255.00	R365.00
Garlic and fennel pork roast	R79.00	R159.00	R225.00	R325.00
Maple mustard pork chops with carrots	R79.00	R159.00	R225.00	R325.00
Bacon and mushroom carbonara bake	R72.00	R139.00	R215.00	R315.00
Pork and mushroom stroganoff	R79.00	R159.00	R225.00	R325.00
Fried pork chops with apples	R79.00	R159.00	R225.00	R325.00
Pork tenderloin stew	R79.00	R159.00	R225.00	R325.00
Fish				
Smoked haddock dauphinoise	R110.00	R215.00	R355.00	R415.00
Fish pie	R99.00	R198.00	R355.00	R465.00
Salmon ratatouille	R99.00	R198.00	R355.00	R465.00
Shrimp and potato curry	R99.00	R198.00	R355.00	R465.00
Shrimp and fish pie with potato topping	R110.00	R215.00	R355.00	R415.00
Salmon and potato cakes (2 per portion)	R110.00	R215.00	R355.00	R415.00
Chunky Moroccan fish	R99.00	R198.00	R355.00	N/A
Salmon lasagne	R109.00	R209.00	R355.00	R415.00
Salmon cottage pie	R109.00	R209.00	R355.00	R415.00
Vegetarian				
Wild mushroom mac and cheese	R79.00	R159.00	R205.00	R295.00
Pumpkin and lentil pie	R65.00	R135.00	R185.00	R225.00
Cheese and onion pie	R72.00	R139.00	R205.00	R295.00
Melanazane parmaganana (Banting)	R72.00	R139.00	R205.00	R295.00
Spinach and feta quiche	R72.00	R139.00	R205.00	R295.00
Butternut and feta quiche	R72.00	R139.00	R205.00	R295.00
Soups				
		500 ml	1L	
Leek, butter and chorizo		R65.00	R90.00	
Celery and stilton soup		R60.00	R88.00	
Chicken and gnocchi soup		R65.00	R90.00	
Butternut		R55.00	R80.00	
Leek and potato		R65.00	R90.00	
Bacon, leek and potato		R69.00	R90.00	
Creamy carrot and apple soup		R55.00	R80.00	
Sides				
Potato and caramelised onion gratin	R39.00	R69.00	R105.00	R145.00
Mashed potato with bacon and leek	R39.00	R69.00	R105.00	R145.00
Creamed spinach	R35.00	R65.00	R95.00	R125.00
Cauliflower rice (Banting)	R39.00	R65.00	R95.00	R145.00
Broccoli rice (Banting)	R35.00	R62.00	R90.00	R125.00
Tomato and basil cauli rice (Banting)	R37.00	R65.00	R95.00	R145.00
Mushroom cauli rice (Banting)	R39.00	R65.00	R95.00	R145.00
Broccoli and cauliflower cheese sauce	R39.00	R69.00	R105.00	R165.00
Dessert				
Malva pudding	R45.00	R79.00	R120.00	
Apple crumble	R45.00	R79.00	R120.00	
Peppermint crisp tart	R45.00	R79.00	R120.00	
All meals are prepared fresh to order				